

Leelanau County Senior Services

8527 E Government Center Dr. Ste. 106
Suttons Bay, MI 49682

Phone: (231) 256-8121

Fax: (231) 256-8129

www.leelanau.gov/seniorservices.asp

seniorinfo@leelanau.gov

Hours: 9:00 a.m. - 5:00 p.m.

Monday - Friday

April Missias

Director

Gail Carlson

Aging Well Resource Coordinator

Victoria Maggio

Care Coordinator

Armanda Krantz

Account Clerk

Deborah Allen

County Administrator

(231) 256-8100

County Commissioners

Jamie Kramer

District #1 (Elmwood Township
& a portion of the City of Traverse City)
(231) 709-3703

jkramer@leelanau.gov

James O'Rourke

District #2 (Bingham Township
& a portion of Elmwood Township)
(231) 645-4811

jorourke@leelanau.gov

Doug Rexroat

District #3 (Suttons Bay Township
& a portion of Bingham Township)
(231) 866-4449

drexroat@leelanau.gov

Ty Wessell

District #4 (Leelanau Township
& a portion of Suttons Bay Township)
(231) 432-0066

twessell@leelanau.gov

Kama Ross

District #5
(Leland & Centerville Townships)
(231) 920-4055

krross@leelanau.gov

Gwenne Allgaier

District #6
(Cleveland, Empire &
Glen Arbor Townships)
(231) 228-6763

gallgaier@leelanau.gov

Melinda Lautner

District #7
(Solon & Kasson Townships)
(231) 649-1131

mlautner@leelanau.gov

January / February 2023

THE LEELANAU CONNECTION

Striving to celebrate and support seniors within our community

Dear Friends,

Happy New Year! As the ball dropped on New Year's Eve, I opened the back door of my home to walk 2022 out, and opened the front door to welcome 2023.

This year has been fraught with a multitude of opportunities to re-engage in some type of normalcy coupled with learning new ways of being in the world. At the conclusion of the year, aside from the hustle and bustle of the holiday season there was an added energy that was being spent as individuals and families were negotiating how to weave some old norms in with the creation of new traditions.

As the season comes to a close, I see a drained look on people's faces, their bodies are more slumped over, and there is a weariness in the air. January and February, although dark and cold can provide a time to go within, and "hibernate" so that we can restore our energy. When I speak of hibernating, I do not mean that we should hide away or isolate ourselves from people, but to be more conscious of doing life at a slower pace. We learned through the Pandemic that no social contact takes a toll on our minds and bodies. This quiet time should include the perfect sprinkling of social interactions to sustain us.

I have a dear friend who is a strong advocate for Hygge. To be honest, I am not sure as to how to properly pronounce it, but I can appreciate its definition. Hygge is Danish and is defined as a quality of coziness that makes a person feel content and comfortable or taking pleasure in gentle, soothing things. Things as simple as a nice cup of tea or coffee, cozy clothing, soft blankets, the warmth of a fire in the fireplace or burning a candle.

January is a new beginning, a time to reboot and remember how the simplest pleasures can bring us comfort and joy. Many years ago, I recall reading a story/fable about someone who was not well and asked his loved ones to bring a gift that could fill their room. Several family members bought things and tried really hard to fill the room, but were not successful. One family member brought a candle and lit it. The light emanating from that single wick filled the room.

Winter can be dark and dreary, but a simple candle can fill a room with light and warmth. Sitting under a cozy blanket and sipping some coffee or tea or reading a good book has the power to renew your spirit and remind you of the simple pleasures in life. I think we need the slower movements and quiet moments in winter at the beginning of year to prepare us for what is to come throughout the year.

So, my friends, I encourage you to rest these next couple of months and explore what simple activities or things in your home bring you Hygge so that you may feel renewed as the morning light begins to come earlier with each passing day.

Warmly,

April

C.S.F.P.

The Commodity Supplemental Food Program

(CSFP) is a nutrition education program providing monthly supplemental foods to help promote health for people 60 years of age or older who meet income guidelines.

Q. INCOME REQUIREMENTS

Less than
\$1,396 Month or \$16,744 Yr

Q. WHAT DO I NEED TO SIGN UP?

Picture Identification
(driver's license, state ID, or passport)
Proof of household income

Q. HOW DO I SIGN UP?

Call: Northwest Michigan
Community Action Agency
1-800-443-2297

or

Leelanau Christian
Neighbors
7322 E Duck Lake Rd
Lake Leelanau, MI 49653
During distribution date/
time

Q. WHEN DO I SIGN UP AND PICK UP FOOD?

The third Tuesday of every
month from
12:00 p.m. - 1:00 p.m.

Q. WHAT WILL I RECEIVE?

Your monthly food package
may contain:

Juice
Canned fruits
Canned vegetables
Milk (dry or evaporated)
Cereal
Cheese
A varied starch item
A varied protein item

Foot Care Program

Foot Care Vouchers Are Available After January 3, 2023 for \$15.00 ea

Seniors can purchase up to 6 vouchers annually.

There are 3 ways to purchase your vouchers.

1. Mail a check
2. Call and pay by credit card
3. Purchase in the office

LCSS is collaborating with Comfort
Keepers to provide a foot care clinic
the first Friday of each month
from 10:00 a.m. to 1:00 p.m. at the Elmwood Township Hall.

If you are interested in receiving foot care at the clinic, **please
call LCSS at 256-8121 to schedule an appointment.**

Upcoming schedule:

Friday, January 7, 2023
10:00 a.m.—1:00 p.m.

Friday, February 4, 2023
10:00 a.m.—1:00 p.m.



Linda Lingaur will continue to provide foot care services at her
salon, *Linda Lou's* in Lake Leelanau.

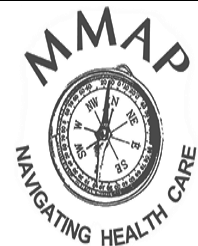
You may contact her directly to schedule an appointment.
Her phone number is (231) 883-4529.

Medicare/Medicaid Assistance Program (MMAAP)

We are very lucky to have Bruce Barnes, a MMAAP counselor from the Area Agency on Aging, sharing his expertise while providing assistance to seniors regarding Medicare and Medicaid. He holds office hours here at the Government Center and can work with you in person or over the phone. He can help you get signed up for Medicare or Medicaid, choose a health care or drug plan, or see if you may be eligible to have your part B Medicare premiums or prescription drug plans paid for through a state assistance Medicaid benefit if you meet income and asset levels.

Please call the LCSS office at 231-256-8121 to make an
appointment to talk with Bruce.

There is no charge for this invaluable service.



Who We Are

Leelanau County Senior Services provides a variety of programs and services to meet the growing needs of seniors. We recognize that all needs are different and strive to take a holistic approach to provide a range of services and programs that address the unique physical, social, and emotional needs of our seniors.

Our programs are designed to support our senior's lives:

- ♦ Personal Care*
- ♦ Respite Care*
- ♦ Homemaker*
- ♦ Medication Management*
- ♦ Medical Transportation
- ♦ Foot Care Vouchers

We also offer limited financial assistance for seniors who meet certain income and asset guidelines:

- ♦ Dental Assistance
- ♦ Eye Glass Assistance
- ♦ Hearing Aid Assistance
- ♦ Heating/Utility Assistance
- ♦ Legal Assistance
- ♦ Unmet Needs Assistance
- ♦ Project Fresh Coupons**

Promoting Safety:

- ♦ Emergency 911 Cell Phone
- ♦ PERS (Personal Emergency Response System)
- ♦ File of Life
- ♦ Medical Equipment Loan Closet

Social Activities:

- ♦ Euchre
- ♦ Bitesize Learning
- ♦ Senior Expo
- ♦ Coffee Connections
- ♦ Lunch Bunch

* Income and asset tested through application and home evaluation process.

** Funded by USDA

Grief Support with ProMedica Hospice

The 3rd Tuesday of the month

Beginning January 17, 2023

10:30 a.m. - 11:30 a.m.

Leelanau County Government Center
Main floor - Law Library

Call LCSS for more information
(231) 256-8121

January is Glaucoma Awareness Month

What are the symptoms of glaucoma?

At first, glaucoma doesn't usually have any symptoms. That's why half of people with glaucoma don't even know they have it.



Over time, you may slowly lose vision, usually starting with your side (peripheral) vision - especially the part of your vision that's closest to your nose. Because it happens so slowly, many people can't tell that their vision is changing at first.

But as the disease gets worse, you may start to notice that you can't see things off to the side anymore. Without treatment, glaucoma can eventually cause blindness.

There's no way to prevent glaucoma. You can help protect yourself by having dilated eye exams yearly. Glaucoma can be treated with prescription eye drops, lasers, or surgery.

Tips for healthy eyes at any age

There are things you can do to take good care of your eyes and help keep them healthy as you age:

Protect your eyes from sunlight by wearing sunglasses that block ultraviolet (UV) radiation and a hat with a wide brim when you are outside.

Stop smoking.

Make smart food choices.

Be physically active and maintain a healthy weight.

Maintain normal blood pressure.

Manage diabetes (if you have it).

If you spend a lot of time at the computer or focused on one thing, take a break every 20 minutes to look about 20 feet away for 20 seconds to prevent eye strain.

<https://www.nia.nih.gov/health/aging-and-your-eyes>

Home

As we sit in homes at kitchen tables and in living rooms, we have the privilege of witnessing the intimate relationships seniors have with their family members, their community, and more often than not the relationship with their homes and land. There is something to be said about place. Leelanau County Senior Services strives to support seniors in remaining in their homes and living life on their terms, and when it becomes challenging to remain in their homes, we offer resources for services available in their homes as well as what housing options are available in our area.

In Home Services

There is often a misconception that Medicare will pay for in-home services related to personal care, respite care, homemaking, and medication management. Those types of services may be provided after a hospital stay for a short period of time, if you qualify for Area Agency on Aging's Care Management program, a Medicare Waiver program (based on income and care needs), or Leelanau County Senior Services will pay for some in home services for seniors that meet income and asset guidelines.

Otherwise, they are typically private pay services.

Upon a three night stay in the hospital, Medicare will pay **up to** 100 days for rehab in a rehab facility or at home. If you are under a doctor's care you may qualify for intermittent skilled nursing care, physical therapy, speech language, and occupation therapy in your home.

If you meet the medical qualifications to qualify for skilled nursing care and also meet the income and asset guidelines to qualify for Medicaid, you may be eligible for the MI Choice Waiver program that would provide in-home services in order to remain in your home.

There are a number of home health companies who can provide services related to personal care, respite care, homemaking, and medication management for private pay. Services range from \$30 to \$40+ per hour with a minimum of at least two to three hours. Services that require a nurse are \$65 and up per hour. If you were looking to have someone in your home 24/7 the average cost would be approximately \$600 per day, or \$18,000 a month.

Some long-term care insurance policies will pay for in home services, or if you are a veteran, you may be eligible for in home services paid for by the VA.

Senior Housing

There are a variety of senior housing options available in the Grand Traverse Area. On average, one bedroom apartments range from \$1,500 to \$4,000 plus per month in a Retirement Community. Orchard Creek is an example of a continuum of care in Leelanau County. They offer independent 1, 2, and 3-bedroom senior apartments beginning at \$1,641 for a one bedroom, \$1,911 for a two bedroom and \$2,360 for a three-bedroom apartment.

- Orchard Creek's Assisted Living Facility offers Studio, 1, and 2 bedroom apartments. They are staffed 24 hours per day. Studio apartments begin at \$3,700 per month, 1-bedroom apartments begin at \$4,300 per month and two bedrooms begin at \$5,100 per month. Assisted living facilities are not licensed by the state.
- Orchard Creek's Supportive Care's rate is \$6,700 per month. They provide private apartments with secured exits and entries, and a high staff to resident ratio.
- Adult Foster Care homes offer another option for seniors requiring 24 hour care. They can range from \$1,200 to \$6,000 plus per month. They are licensed by the state. They typically accept private pay, long term care insurance, and Medicaid.
- Medicare will pay for skilled nursing or rehab **up to** 100 days. Medicare covers 100% up to 20 days, and 80% from day 21 to 100. After 100 days a senior can apply for Medicaid or pay privately. The average cost for a nursing home or skilled care in Michigan is \$300 plus per day, or \$9,000 to \$10,000 plus per month.

As you can see it can be rather complicated when trying to anticipate and plan for long term care.

Our office is well versed in the options available and are ready to assist you in determining what options may best meet your needs and connect you with the proper resources.

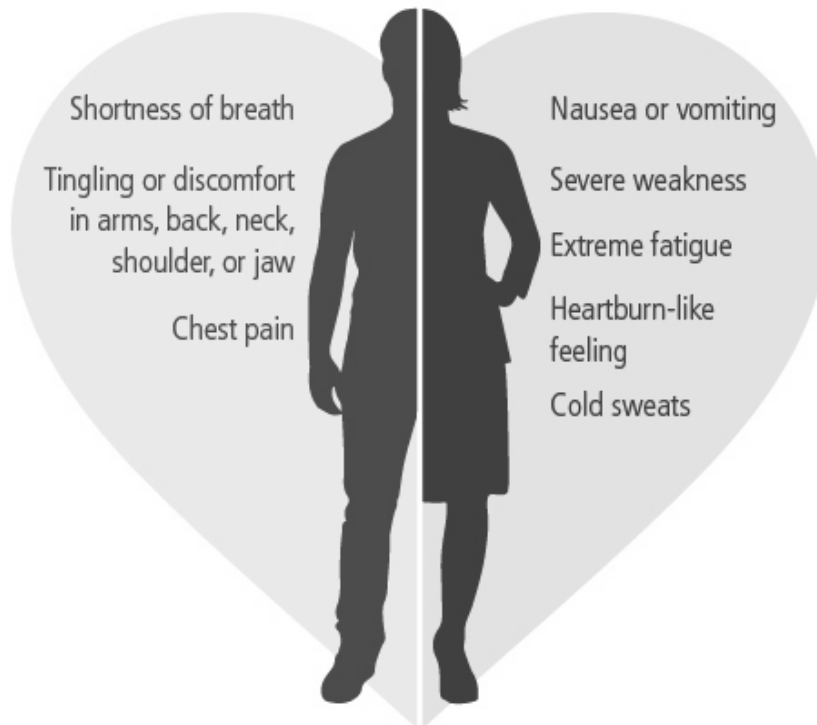
February is National Heart Month

February focuses on the heart making it National Heart Month. Anyone can be at risk for heart disease. More and more, our sedentary lifestyles are putting us at risk at a younger age. Obesity, high blood pressure, and smoking all increase our risk factors.

Each one of those we can take action to lower our risk. Get moving. Remove stress. And quit smoking. Eat healthier.

Even small changes help make a difference. Reduce the amount of fast food. Eat more greens. Take the stairs. Walk the kids to school. Go outside and play with the kids or walk the dog. Talk to your physician about your risk factors.

Is it a heart attack? Look for these signs.



Having Symptoms? Call 911.

If you or someone you know is having symptoms of a heart attack, call 911 immediately.



Life-saving care can begin immediately in the ambulance.



The ambulance will alert the hospital and your heart team will be waiting.



Do **NOT** drive yourself to the hospital.

When in doubt, call 911. Every second counts.



The Living and Aging Well Committee, a collaborative effort of organizations serving seniors in Leelanau County, is pleased to announce **Technology Tuesdays** coming the 2nd Tuesday of the month at your local library. The first Technology Tuesday will launch on **January 10, 2023 at the Leland Township Library 203 Cedar St. Leland, from 4:00 p.m. - 5:00 p.m.**



Students with the Friendship Center's LIFT program will be available to answer your Technology questions. If you can bring in your device that will be helpful, but not required. Assistance with a broken device will not be provided. The student volunteers will help with a variety of topics, for example, how to access the web, downloading applications, e-books and audio books, how to schedule an appointment with the Secretary of State, how to use Microsoft programs such as Word or Excel, navigating Google documents and spreadsheets, and learning how to stream movies or TV shows. The program will move to a different library in Leelanau County each month.

For more information call LIFT (231) 480-6006



ShareCare is launching a new program initiative called "Wellness and Healthy Living" to supplement the work we already do to keep our seniors healthy.....both physically and emotionally.

The following workshops will be offered free of charge. We only ask that you call 231-256-0221 ext. 301 or email info@sharecareleelanau.org to let us know you will be attending.

January 18, 2023 10:00 a.m. at the Friendship Center in Suttons Bay **Chair Yoga for Seniors**

Did you ever want to participate in a yoga class and didn't because you worried about having to get down on the floor? Chair yoga may be just what you are looking for! This class will help you relax and stretch those stiff muscles through easy to learn poses. Dorothy Eisenstein | Leelanau Wellness Collective.

February 9, 2023 11:30 am at the Friendship Center in Suttons Bay **Balance and Chair Exercise**

Northbound Physical Therapy and Wellness. Practice balance and chair exercises under the supervision of an expert. This class will help you develop a routine to prevent falls, and teach you basic exercises to increase strength from the comfort of your chair. Dr. Aubrey Jabour | Physical Therapist

January 2023

The VA Representative is at the Government Center every Tuesday, call 995-6070 to schedule your appointment

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 Office Closed	3	4	5	6 Elmwood foot care clinic	7
8	9 LCN 2-6 Food Pantry	10 Empire Food Pantry 4:30-5:30	11	12 MMAF Specialist	13	14
15	16 LCN 2-6 Food Pantry MLK Day Office Closed	17 Empire Food Pantry Grief Support 10:30	18	19	20	21
22	23 LCN 2-6 Food Pantry	24 Empire Food Pantry 4:30-5:30	25 Alzheimer's Zoom Meeting 2:00	26 MMAF Specialist	27	28
29	30 LCN 2-6 Food Pantry	31 Empire Food Pantry 4:30-5:30 Euchre 1:00				

Food Commodity or Surplus every 3rd Tuesday of every month

February 2023

For more information on surplus & commodities: 1 (800) 632-7334

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Estate Planning	3 Elmwood foot care clinic	4
5	6 LCN 2-6 Food Pantry	7 Empire Food Pantry 4:30-5:30	8 Souper-bowl 12:00	9 MMAF Specialist	10	11
12	13 LCN 2-6 Food Pantry	14 Empire Food Pantry 4:30-5:30 	15	16	17	18
19	20 LCN 2-6 Food Pantry Presidents Day Office Closed	21 Empire Food Pantry Grief Support 10:30	22 Alzheimer's Zoom Meeting 2:00	23 MMAF Specialist	24	25
26	27 LCN 2-6 Food Pantry	28 Empire Food Pantry 4:30-5:30 Euchre 1:00				

Join us for the 2023 "Souper Bowl" Party

VI Grill, downtown Suttons Bay.

Wednesday, February 8, 2023 at 12:00 pm

Josh Deters will again provide us with a great soup and sandwich buffet.

Tickets are \$6.00 each which includes a wonderful buffet, soft drink/coffee.

Raffle and door prizes too!

Tickets can either be picked up at the LCSS office or obtained by mail.



Food Corner

Happy New Year, as always I'm back to eating healthy, trying to lose weight and be all around healthier. Tonight's dinner will be in my air fryer. I usually make this once a month for something different and Matt loves it. Enjoy ~ Armanda

Air Fryer Cod

1 lb cod filets
Salt and Pepper
1/2 c flour
2 lg eggs
1/2 tsp salt
1 c Panko bread crumbs
1/2 c grated parmesan cheese
2 tsp old bay seasoning
1/2 tsp garlic powder
Olive oil cooking spray if needed

Directions:

- 1) pat cod filets dry with paper towel, salt and pepper the filets

- 2) Create a breeding station for the fish. In one bowl add the flour. In the second bowl whisk together the eggs and salt. In the last bowl add the Panko, parmesan cheese, old bay seasoning and garlic powder, mix well
- 3) Dip the cod in the flour, tap off excess
- 4) Dip cod in egg mixture
- 5) Dip cod in Panko
- 6) Spray the bottom of your preheated basket with olive oil. Place the fish in the basket of your air fryer. Cook at 400° for 10 minutes. Carefully flip the fish. Continue to cook for 3-5 minutes or until the internal temperature reaches 145°

Reminder:

Some foods do not mix well with medication. Please remember to check with your doctor or pharmacist on what foods to avoid while taking certain medications.

<https://www.therecipecritic.com/air-fryer-cod/>

Veterans services and support

Veterans Affairs

(Disability, Pension, Death
Benefits, etc.)

1-231-995-6070

A VA representative is at the
Leelanau County
Government Center
on Tuesdays only.
Call for appointment

Grand Traverse County Chapter Disabled American Veterans

(Coordinates
transportation to VA
medical facilities)
1-231-313-9357

VA Clinic

(Health Care)
1-231-932-9720

Vet Center

(Readjustment
Counseling-PTSD)
1-231-935-0051

Supportive Services for Veteran Families

(Homeless Veterans)
1-844-900-0500

Please contact one of these
service providers if you or
someone you know can
benefit from any or all of
these resources.

Veterans In Crises

(850) 294-3230

veteransincrisis.org

A community-Based Effort to
Help Veterans in Northern
Michigan

AARP Tax Preparation Service

Once again this year Leelanau County Senior Services is partnering with AARP to offer free federal and state income tax return preparation services.

The AARP volunteers will be providing this service at the Leelanau County Government Center in Suttons Bay, on a by appointment basis.

These services are available to all seniors age 60 or older whose federal income tax returns income consists primarily of wages, interest, dividends, simple capital gains or losses and retirement income.

There is no charge for this service.

Call Leelanau County Senior Services to schedule your appointment.
Appointments are limited and filling up fast.

(231) 256-8121

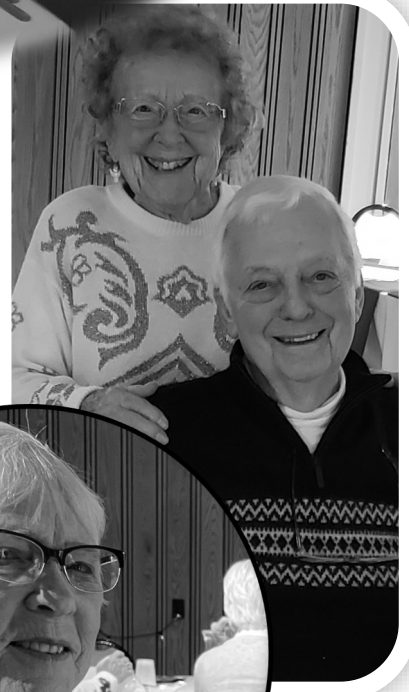
Comfort and Joy

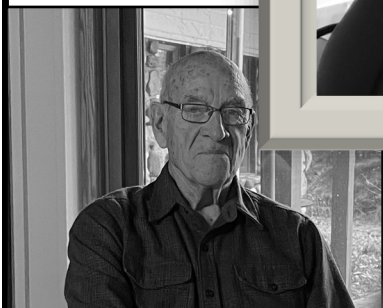
LCSS would like to express our gratitude and appreciation to those who made contributions towards our Comfort and Joy program this holiday season. Because of your generosity we were able to deliver to over 150 seniors with an expressed or quiet need. We can assure you that the value of your contributions was high, but the joy we were able to bring was priceless. Thank You!

Dates the Government Center is Closed

Monday	01/02/23	New Year's Day Observed
Monday	01/16/23	Martin Luther King, Jr. Day
Monday	02/20/23	Presidents' Day
Friday Noon	04/07/23	Good Friday Afternoon
Monday	05/29/23	Memorial Day
Tuesday	07/04/23	Independence Day
Monday	09/04/23	Labor Day
Friday	11/10/23	Veterans Day Observed
Thursday	11/23/23	Thanksgiving Day
Friday	11/24/23	Friday after Thanksgiving Day
Friday	12/23/23	Work Day before Christmas
Monday	12/26/23	Christmas Day Observed

**2022 LCSS
Christmas Party
Thank You
For A Great Day**





LEELANAU COUNTY SENIOR SERVICES
8527 E. Government Center Drive, Suite 106
Suttons Bay, MI 49682

PRSR STD
U.S. POSTAGE
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THE LEELANAU CONNECTION

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